



ESU Track & Field 2021-22 Indoor Season Bests

as of March 2, 2022

Women's Track Events

60m (8.00)

1. Jalen Rhodes - 8.20 (Gulden Invitational 1/22)
2. Kayla Horning - 8.28 (Spartan Invitational 1/14)
3. Misha Duverger - 8.28 (FastTrack National Invite 2/11)
4. Kamya Edmonds - 8.43 (Gulden Invitational 1/22)

200m (26.00)

1. Ariel Kyle - 25.94 (PSAC Indoor Championships 2/26)
2. Sierra DiCupe - 26.68 (FastTrack National Invite 2/11)
3. Jeanette Jones - 27.24 (Gulden Invitational 1/22)
4. Kayla Horning - 27.57 (Bison Open & Multi 1/28)
5. Jacklyn Spaccaforno - 27.47 (FastTrack National Invite 2/11)
6. Jalen Rhodes - 27.74 (Bison Open & Multi 1/28)
7. Misha Duverger - 28.55 (DeSchrive Invitational 2/5)

400m (1:00.50)

1. Jeantte Jones - 58.68 (DeSchrive Invitational 2/5)
2. Ariel Kyle - 1:01.13 (FastTrack National Invite 2/11)
3. Sarah Guthrie - 1:04.54 (Gulden Invitational 1/22)
4. Jacklyn Spaccaforno - 1:05.00 (Spartan Invitational 1/14)
5. Kayla Horning - 1:05.78 (DeSchrive Invitational 2/5)
6. Sierra DiCupe - 1:06.22 (Bison Open & Multi 1/28)
7. Jalen Rhodes - 1:07.87 (DeSchrive Invitational 2/5)

800m (2:23.00)

1. Sarah Guthrie - 2:27.84 (KU Last Chance Qualifier 2/18)
2. Kaylene Raczka - 2:34.36 (FastTrack National Invite 2/11)
3. Carolina Kaczmarek - 2:34.69 (Bison Open & Multi 1/28)

Mile (5:25.00)

1. Kaylene Raczka - 5:43.88 (DeSchrive Invitational 2/5)
2. Alycia Smith - 5:59.28 (Gulden Invitational 1/22)
3. Jada Williams - 6:07.06 (Gulden Invitational 1/22)

3000m (10:45.00)

1. Alycia Smith - 11:44.85 (FastTrack National Invite 2/11)

5000m (19:00.00)

1. Alycia Smith - 21:02.56 (DeSchrive Invitational 2/5)

60m Hurdles (9.85)

1. Jeanette Jones - 9.09 (Bison Open & Multi 1/28)
2. Jacklyn Spaccaforno - 9.50 (PSAC Indoor Championships 2/26)
3. Sarah Guthrie - 10.60 (Gulden Invitational 1/22)

NCAA Qualifiers

Elizabeth Makar - Shot Put (provisional)

14.55m - (DeSchrive Invitational 2/5)

Women's Relays

4x200m Relay

1. Jones, Duverger, DiCupe, Horning
1:48.54 (DeSchrive Invitational 2/5)

4x400m Relay

1. Kyle, Horning, Rhodes, Jones
4:20.34 (Bison Open & Multi 1/28)
2. Spaccaforno, Horning, Kaczmarek, Guthrie
4:29.94 (Gulden Invitational 1/22)

4x800m Relay

- 1.

Distance Medley Relay

- 1.

Women's Field Events

High Jump (PSAC qualifier - 5-1 3/4)

- 1.

Pole Vault (10-10)

1. Nickolina Anelli - 11-11 3/4 (PSAC Indoor Championships 2/26)
2. Hannah Frankenfield - 10-11 3/4 (PSAC Indoor Championships 2/26)
3. Juliana Schraer - 10-11 3/4 (PSAC Indoor Championships 2/26)

Long Jump (17-4 3/4)

1. Kamya Edmonds - 17-3 1/2 (FastTrack National Invite 2/11)
2. Janelle Foston - 15-7 (DeSchrive Invitational 2/5)
3. Kayla Horning - 15-4 1/4 (Spartan Invitational 1/14)

Triple Jump (36-1 1/4)

1. Kamya Edmonds - 37-3 3/4 (PSAC Indoor Championships 2/26)
2. Janelle Foston - 33-10 3/4 (Spartan Invitational 1/14)

Shot Put (37-8 3/4)

1. Elizabeth Makar - 47-9 (DeSchrive Invitational 2/5)
2. Madison Horahan - 40-9 1/2 (Gulden Invitational 1/22)
3. Isabella Marte - 38-7 1/2 (Bison Open & Multi 1/28)
4. Zionette Salahuddin - 35-7 3/4 (DeSchrive Invitational 2/5)
5. Olivia Sforza - 30-1 1/2 (DeSchrive Invitational 2/5)

Weight Throw (45-11 1/4)

1. Elizabeth Makar - 53-1 3/4 (FastTrack National Invite 2/11)
2. Madison Horahan - 52 6 3/4 (PSAC Indoor Championships 2/26)
3. Isabella Marte - 50-11 (PSAC Indoor Championships 2/26)
4. Zionette Salahuddin - 47-1 3/4 (DeSchrive Invitational 2/5)
5. Olivia Sforza - 35-9 1/4 (Spartan Invitational 1/14)

Pentathlon

- 1.



EAST STROUDSBURG WARRIORS

Men's Track Events

60m (7.10)

1. Raul Esteves - 7.03 (Spartan Invitational 1/14)
2. Austin Nice - 7.21 (Spartan Invitational 1/14)
3. Sean Roberts - 7.30 (Bison Open & Multi 1/28)
4. Jacob Smolinsky - 7.36 (Spartan Invitational 1/14)
5. Daniel Daley - 7.37 (PSAC Indoor Championships 2/26)
6. Caleb Carney - 7.37 (PSAC Indoor Championships 2/26)
7. Eric Krzyzaniak - 7.38 (PSAC Indoor Championships 2/26)
8. Zephyr Crestwell - 7.42 (Gulden Invitational 1/22)
9. Jayden Browne - 7.44 (Spartan Invitational 1/14)
10. Caleb Diaz Viola - 7.53 (Gulden Invitational 1/22)

200m (22.70)

1. Raul Esteves - 22.43 (Bison Open & Multi 1/28)
2. Tyler Boone - 22.66 (Bison Open & Multi 1/28)
3. Ryan Ditty - 22.82 (Spartan Invitational 1/14)
4. Sean Roberts - 23.24 (FastTrack National Invite 2/11)
5. Austin Nice - 23.37 (Gulden Invitational 1/22)
6. Jacob Smolinsky - 23.64 (Spartan Invitational 1/14)
7. Zephyr Crestwell - 24.08 (FastTrack National Invite 2/11)
8. Jayden Browne - 24.20 (Spartan Invitational 1/14)
9. Nasir Kyle - 24.88 (Bison Open & Multi 1/28)
10. Caleb Diaz Viola - 25.07 (Spartan Invitational 1/14)

400m (50.80)

1. Tyler Boone - 49.64 (FastTrack National Invite 2/11)
2. Ryan Ditty - 50.78 (FastTrack National Invite 2/11)
3. Sean Roberts - 50.84 (FastTrack National Invite 2/11)
4. Zephyr Crestwell - 51.51 (FastTrack National Invite 2/11)
5. Daniel Daley - 52.62 (Spartan Invitational 1/14)
6. Zandrew Bowe - 52.77 (FastTrack National Invite 2/11)
7. Trey Boyd - 52.92 (DeSchrivier Invitational 2/5)
8. Jordan Chong-Gayle - 53.19 (DeSchrivier Invitational 2/5)
9. Caleb Carney - 53.40 (Gulden Invitational 1/22)
10. Eric Krzyzaniak - 54.09 (Gulden Invitational 1/22)
11. Caleb Diaz Viola - 55.15 (DeSchrivier Invitational 2/5)

800m (1:59.20)

1. Austyn Hamilton - 1:56.75 (PSAC Indoor Championships 2/26)
2. Jordan Chong-Gayle - 2:01.06 (Bison Open & Multi 1/28)
3. Alejandro Paez - 2:01.19 (DeSchrivier Invitational 2/5)

1000m

1. Luke Valdevit - 2:35.99 (DeSchrivier Invitational 2/5)
2. Caleb Carney - 2:52.19 (PSAC Indoor Championships 2/26)
3. Eric Krzyzaniak - 2:54.18 (PSAC Indoor Championships 2/26)
4. Daniel Daley - 2:54.89 (PSAC Indoor Championships 2/26)

Mile (4:29.00)

1. Luke Valdevit - 4:24.39 (FastTrack National Invite 2/11)
2. Brian McGarrity - 4:25.65 (FastTrack National Invite 2/11)
3. Evan Wooby - 4:33.96 (KU Last Chance Qualifier 2/18)
4. Austyn Hamilton - 4:42.83 (Bison Open & Multi 1/28)
5. Koodsha Manjaro - 4:44.18 (Bison Open & Multi 1/28)

3000m (9:00.00)

1. Luke Valdevit - 9:09.08 (Bison Open & Multi 1/28)
2. Brian McGarrity - 9:09.61 (DeSchrivier Invitational 2/5)
3. Cole Streisel - 9:13.01 (Spartan Invitational 1/14)
4. Koodsha Manjaro - 9:36.82 (DeSchrivier Invitational 2/5)
5. Camden Shaffer - 9:43.53 (KU Last Chance Qualifier 2/18)

5000m (15:45.00)

1. Camden Shaffer - 16:21.72 (DeSchrivier Invitational 2/5)
2. Cole Streisel - 16:30.50 (Gulden Invitational 1/22)
3. Camden Shaffer - 16:42.66 (Gulden Invitational 1/22)

60m Hurdles (8.80)

1. Daniel Daley - 8.50 (PSAC Indoor Championships 2/26)
2. Caleb Carney - 8.62 (PSAC Indoor Championships 2/26)
3. Nasir Kyle - 8.78 (PSAC Indoor Championships 2/26)
4. Eric Krzyzaniak - 8.93 (PSAC Indoor Championships 2/26)
5. Ivan Hicks - 9.02 (FastTrack National Invite 2/11)
6. Liam Beifus - 9.70 (Gulden Invitational 1/22)

NCAA Qualifiers

Men's Relays

4x400m Relay

1. Boone, Roberts, Ditty, Esteves
3:24.73 (PSAC Indoor Championships 2/26)

4x800m Relay

1. McGarrity, Wooby, Streisel, Shaffer
8:43.68 (Gulden Invitational 1/22)

Distance Medley Relay

1. Crestwell, Valdevit, McGarrity, Paez
10:26.89 (PSAC Indoor Championships 2/26)

Men's Field Events

High Jump (PSAC qualifier - 6-00 3/4)

1. Romanley Turnier - 6-4 3/4 (DeSchrivier Invitational 2/5)
2. Aaron Sanchez - 6-3 1/2 (PSAC Indoor Championships 2/26)
3. Caleb Carney - 6-0 3/4 (Bison Open & Multi 1/28)
4. Daniel Daley - 5-11 1/2 (Bison Open & Multi 1/28)
5. Eric Krzyzaniak - 5-5 3/4 (PSAC Indoor Championships 2/26)

Pole Vault (13-9 1/4)

1. Grant Fox - 14-3 1/4 (Gulden Invitational 1/22)
2. Robert Plumb - 14 3 1/4 (FastTrack National Invite 2/11)
3. Eric Krzyzaniak - 11-1 3/4 (Bison Open & Multi 1/28)
4. Caleb Carney - 10-2 (Bison Open & Multi 1/28)
5. Daniel Daley - 10-0 (PSAC Indoor Championships 2/26)

Long Jump (21-8)

1. Jack Gorham - 22-1 3/4 (Gulden Invitational 1/22)
2. Austin Nice - 21-11 3/4 (KU Last Chance Qualifier 2/18)
3. Daniel Daley - 20-9 3/4 (DeSchrivier Invitational 2/5)
4. Ivan Hicks - 20-5 3/4 (Bison Open & Multi 1/28)
5. Caleb Carney - 20-5 1/4 (PSAC Indoor Championships 2/26)
5. Aaron Sanchez - 20-4 1/2 (Gulden Invitational 1/22)
7. Eric Krzyzaniak - 18-9 1/4 (FastTrack National Invite 2/11)

Triple Jump (42-8)

1. Ivan Hicks - 45-11 3/4 (PSAC Indoor Championships 2/26)
2. Jack Gorham - 42-6 3/4 (Gulden Invitational 1/22)

Shot Put (45-3 1/2)

1. Cole Gorham - 51-9 1/4 (Bison Open & Multi 1/28)
2. Isaac Almonay - 49-2 1/2 (PSAC Indoor Championships 2/26)
3. Daryn Blackwell - 43-0 1/4 (KU Last Chance Qualifier 2/18)
4. Caleb Carney - 34-0 3/4 (PSAC Indoor Championships 2/26)
5. Eric Krzyzaniak - 32-9 3/4 (Bison Open & Multi 1/28)
6. Daniel Daley - 32-2 (Bison Open & Multi 1/28)

Weight Throw (49-02 1/2)

1. Daryn Blackwell - 55-4 3/4 (PSAC Indoor Championships 2/26)
2. Isaac Almonay - 53-9 3/4 (PSAC Indoor Championships 2/26)
3. Cole Gorham - 45-6 1/2 (PSAC Indoor Championships 2/26)

Heptathlon

1. Daniel Daley - 4456 (PSAC Indoor Championships 2/26)
2. Caleb Carney - 4415 (PSAC Indoor Championships 2/26)
3. Eric Krzyzaniak - 4076 (PSAC Indoor Championships 2/26)